

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Leucine (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 16, 2016 02:01 EDT

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	21.074
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	20.820
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	11.790
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	7.873
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	7.674
05305	Ground turkey, raw	453.6	1.0 lb	7.357
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	6.486
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	6.155
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	6.093
11667	Seaweed, spirulina, dried	112.0	1.0 cup	5.541
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	5.489
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	5.343
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	5.182
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	5.081
16076	Lupins, mature seeds, raw	180.0	1.0 cup	4.937
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	4.933
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	4.933
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	4.681
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	4.631
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	4.545
16119	Soy meal, defatted, raw	122.0	1.0 cup	4.465
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	4.385
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	4.324
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	4.255
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	4.229
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	4.228
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	4.220
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	4.143

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
16117	Soy flour, defatted	105.0	1.0 cup	4.019
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	4.012
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	3.964
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	3.948
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	3.942
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	3.916
01040	Cheese, swiss	132.0	1.0 cup, diced	3.906
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	3.887
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	3.846
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	3.823
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	3.806
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	3.773
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	3.771
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	3.768
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	3.767
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	3.730
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	3.725
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	3.720
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	3.712
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	3.673
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	3.665
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	3.658
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	3.653
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	3.653
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	3.645
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	3.640
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	3.636
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	3.623
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	3.612
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	3.596
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	3.592

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	3.584
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	3.584
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	3.583
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	3.581
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	3.560
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	3.553
01133	Egg, whole, dried	85.0	1.0 cup, sifted	3.528
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	3.520
01020	Cheese, fontina	132.0	1.0 cup, diced	3.516
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	3.513
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	3.505
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	3.504
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	3.499
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	3.480
16144	Lentils, pink or red, raw	192.0	1.0 cup	3.473
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.471
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	3.467
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	3.463
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	3.457
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	3.448
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	3.442
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	3.432
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	3.432
16069	Lentils, raw	192.0	1.0 cup	3.429
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	3.418
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	3.406
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	3.393
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	3.390
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	3.380
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	3.356
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	3.347
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	3.347
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	3.339
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	3.334

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	3.327
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	3.317
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	3.316
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	3.316
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	3.310
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	3.300
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	3.293
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	3.289
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	3.286
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	3.286
01034	Cheese, port de salut	132.0	1.0 cup, diced	3.276
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.266
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.266
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.259
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.247
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	3.244
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	3.236
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	3.236
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	3.233
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	3.229
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	3.212
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.196
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	3.193
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	3.192
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	3.189
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	3.186
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	3.175
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.171
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	3.132
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	3.129
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	3.129
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	3.122

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	3.121
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	3.113
01025	Cheese, monterey	132.0	1.0 cup, diced	3.094
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	3.090
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	3.089
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	3.088
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.087
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.077
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	3.060
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	3.055
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	3.053
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	3.048
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	3.046
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.045
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	3.039
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.034
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	3.034
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	3.032
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	3.032
01035	Cheese, provolone	132.0	1.0 cup, diced	3.032
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	3.020
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	3.014
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	3.009
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	3.007
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	3.004
01011	Cheese, colby	132.0	1.0 cup, diced	3.003
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	2.999
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	2.997
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	2.990
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	2.985
01030	Cheese, muenster	132.0	1.0 cup, diced	2.983
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	2.983
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	2.981
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	2.967
01005	Cheese, brick	132.0	1.0 cup, diced	2.962

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.961
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.957
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.953
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	2.946
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	2.944
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	2.930
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	2.915
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	2.905
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	2.880
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.874
16106	Meat extender	88.0	1.0 cup	2.871
36027	DENNY'S, chicken strips	194.0	1.0 serving	2.871
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	2.867
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.865
20067	Sorghum grain	192.0	1.0 cup	2.863
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	2.862
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.855
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	2.852
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.850
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.839
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	2.831
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	2.831
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.827
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	2.824
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	2.824
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	2.823
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	2.819
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	2.818
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	2.818
01024	Cheese, limburger	134.0	1.0 cup	2.805
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	2.802
20031	Millet, raw	200.0	1.0 cup	2.800
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	2.799

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	2.798
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	2.795
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	2.795
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	2.789
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	2.783
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.780
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.776
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	2.772
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	2.769
21270	TACO BELL, Taco Salad	533.0	1.0 item	2.766
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	2.764
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	2.752
01032	Cheese, parmesan, grated	100.0	1.0 cup	2.747
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	2.745
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	2.743
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	2.738
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.734
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	2.734
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.729
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.714
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	2.682
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.678
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	2.677
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	2.670
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	2.670
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	2.667
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	2.664
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	2.662
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	2.662
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	2.658
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	2.649
16113	Natto	175.0	1.0 cup	2.641
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	2.639
12084	Nuts, butternuts, dried	120.0	1.0 cup	2.639
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	2.635
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	2.635

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	2.630
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.628
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.626
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	2.622
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.619
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	2.609
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	2.609
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	2.602
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	2.600
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.597
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.593
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	2.591
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	2.587
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.587
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	2.582
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.580
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	2.576
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	2.574
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	2.570
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	2.568
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.565
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	2.563
01009	Cheese, cheddar	132.0	1.0 cup, diced	2.559
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.558
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	2.544
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	2.540
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	2.540
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.536
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.532
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.532
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	2.524
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	2.524

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	2.520
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.516
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.510
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.509
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.503
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	2.496
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	2.494
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	2.492
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	2.491
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.490
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.488
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	2.484
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.482
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.481
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.480
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.479
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	2.479
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.479
16091	Peanuts, spanish, raw	146.0	1.0 cup	2.476
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	2.475
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	2.473
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.472
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	2.471
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	2.463
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	2.460
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.459
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	2.457
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	2.456
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.454
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	2.453
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	2.448
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	2.446
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.444

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
15005	Fish, bluefish, raw	150.0	1.0 fillet	2.444
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	2.443
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.443
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	2.443
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.443
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	2.442
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.427
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.427
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	2.417
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	2.411
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	2.409
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.409
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.408
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	2.404
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	2.398
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	2.398
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.398
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.393
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.393
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.391
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.390
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.386
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.386
16095	Peanuts, virginia, raw	146.0	1.0 cup	2.384
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.383
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.377
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	2.376
16093	Peanuts, valencia, raw	146.0	1.0 cup	2.375
16114	Tempeh	166.0	1.0 cup	2.374
11450	Soybeans, green, raw	256.0	1.0 cup	2.371
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	2.364
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.362
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.362

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	2.362
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.360
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.349
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.343
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	2.340
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	2.338
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	2.338
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	2.337
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	2.332
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	2.332
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.332
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	2.331
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	2.331
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	2.330
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	2.330
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.328
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.326
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	2.325
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	2.325
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.325
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.323
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	2.321
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	2.320
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.320
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	2.320
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.315
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.307
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	2.303
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	2.303
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	2.303
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	2.303

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	2.301
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.299
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	2.298
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	2.298
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	2.296
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	2.294
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.292
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	2.292
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	2.290
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.290
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	2.286
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	2.280
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	2.279
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.279
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.279
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	2.278
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	2.275
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	2.272
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.271
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	2.271
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.270
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.267
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.265
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.264
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.263
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	2.263
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.262
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	2.262
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.259
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.258
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.258
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.256

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.256
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.255
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	2.254
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	2.254
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.252
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	2.252
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.251
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.251
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	2.250
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.250
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	2.250
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.249
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.249
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.247
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	2.244
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	2.243
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	2.241
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	2.241
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	2.240
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.237
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.236
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.236
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	2.234
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	2.232
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	2.232
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.231
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	2.229
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	2.227
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	2.227
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.224
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.223
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.221

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	2.221
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.219
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	2.219
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	2.219
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.218
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	2.217
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	2.217
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.215
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.214
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	2.213
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.213
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.213
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.210
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	2.209
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.209
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	2.209
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.206
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.206
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.206
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.205
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.204
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	2.204
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.203
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	2.203
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.201
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	2.201
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.199
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	2.194
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.193

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.190
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	2.190
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	2.187
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	2.187
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	2.181
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	2.181
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.181
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.178
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	2.178
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.177
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	2.176
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.175
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.173
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	2.171
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	2.171
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.169
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	2.169
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2.169
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.167
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	2.165
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	2.164
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.162
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.159
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.158
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	2.158
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	2.157
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	2.152
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.151
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	2.150

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	2.150
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.149
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.149
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	2.149
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	2.148
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	2.148
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	2.148
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	2.148
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.145
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	2.145
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.143
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	2.139
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.139
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	2.135
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	2.135
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	2.134
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	2.133
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	2.132
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.132
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	2.131
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	2.131
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.131
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	2.131
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	2.128
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	2.126
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	2.124
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	2.122
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	2.122
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.122
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.122
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	2.116
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	2.116
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	2.115

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.115
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	2.115
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	2.115
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.115
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2.113
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.112
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.111
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	2.110
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	2.109
12061	Nuts, almonds	143.0	1.0 cup, whole	2.106
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	2.105
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.105
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.100
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	2.100
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	2.100
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.099
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.098
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.094
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	2.093
01019	Cheese, feta	150.0	1.0 cup, crumbled	2.092
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.092
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.091
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	2.090
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	2.088
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.083
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	2.080
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.078
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.078
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	2.077
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	2.076
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	2.075
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	2.074

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	2.073
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.073
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.072
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	2.071
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	2.071
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	2.070
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.069
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	2.068
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	2.068
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.067
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	2.066
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	2.066
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	2.066
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.066
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.066
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	2.065
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	2.064
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.062
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.062
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.061
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	2.061
20142	Teff, uncooked	193.0	1.0 cup	2.061
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	2.060
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	2.060
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	2.059
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	2.058
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.058
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	2.058
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	2.057
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.057
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.057
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.056
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	2.054

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.054
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.051
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	2.050
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	2.049
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	2.049
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.048
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	2.048
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	2.048
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.048
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.047
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.046
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.046
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	2.045
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	2.045
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	2.043
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.043
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	2.043
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	2.043
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.041
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	2.041
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	2.040
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	2.039
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	2.039
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	2.037
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.037
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	2.036
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	2.035
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.034
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2.032
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.031
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.031
16099	Peanut flour, defatted	60.0	1.0 cup	2.030
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.029
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	2.028
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.028

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	2.028
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.027
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	2.027
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	2.026
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.026
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.024
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	2.021
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.020
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.020
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.020
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	2.020
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.019
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	2.018
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	2.017
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	2.016
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	2.016
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	2.016
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	2.015
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	2.015
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.014
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	2.013
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	2.013
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	2.013
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.013
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.012
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	2.012
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	2.012
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	2.012
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	2.011
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	2.009
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	2.009

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.009
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	2.008
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	2.007
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	2.007
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	2.007
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	2.006
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	2.006
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.004
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.003
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	2.003
20038	Oats	156.0	1.0 cup	2.003
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	2.003
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	2.003
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.001
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	2.001
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	2.001
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	2.000
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	1.998
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	1.996
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	1.996
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	1.995
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.995
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.994
20071	Wheat, hard red spring	192.0	1.0 cup	1.993
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	1.992
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.992
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.990
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.990
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	1.990
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.988
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.988
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.987
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	1.986

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.983
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	1.982
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.982
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.982
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.982
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	1.982
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	1.981
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.981
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.980
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.980
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.978
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.977
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.976
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	1.976
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	1.976
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.975
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	1.975
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.974
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.974
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1.973
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.972
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	1.972
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	1.972
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	1.972
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.972
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.972
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	1.972
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.971
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.971
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.970
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	1.969
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	1.969
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	1.968

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.968
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.968
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.967
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.967
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.966
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.966
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	1.965
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.965
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.965
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	1.965
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.964
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.964
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.964
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	1.964
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.963
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	1.963
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.962
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.962
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.962
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	1.961
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.961
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	1.960
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	1.960
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.960
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.960
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.960
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	1.960
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.959
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	1.959
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.959
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	1.958
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.958

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.958
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.957
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.957
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	1.956
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	1.956
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1.956
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	1.955
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.954
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	1.953
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	1.953
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	1.952
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.952
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.952
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.952
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.951
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.950
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	1.949
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	1.948
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	1.948
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	1.948
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.948
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.947
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.947
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.947
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.947
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.946
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.946
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.944
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.944
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	1.944
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	1.942
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.942

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	1.942
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	1.941
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	1.940
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	1.938
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.938
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	1.938
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	1.938
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.937
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.937
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	1.937
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	1.936
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.935
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	1.935
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.935
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	1.935
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.934
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.933
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.933
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	1.932
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.932
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.932
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	1.932
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.931
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.930
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.930
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	1.930
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	1.930
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.930
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.929
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.929
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.926
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.925
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.924

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	1.924
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.924
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	1.924
16422	Soy protein isolate, potassium type	28.35	1.0 oz	1.923
16122	Soy protein isolate	28.35	1.0 oz	1.923
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.921
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.921
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.920
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.920
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	1.919
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	1.918
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.918
20014	Corn grain, yellow	166.0	1.0 cup	1.917
20314	Corn grain, white	166.0	1.0 cup	1.917
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.917
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	1.916
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.915
01173	Egg, white, dried	28.0	1.0 oz	1.915
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.914
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.913
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.912
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.912
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.912
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.912
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	1.912
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	1.911
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.909
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.908
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.906
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.906
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.905

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.905
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.903
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.903
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.902
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.902
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	1.902
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.902
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.902
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	1.901
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	1.901
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	1.901
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.901
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.901
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	1.900
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	1.899
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.899
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.898
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.898
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	1.898
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	1.897
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.896
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.896
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.896
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	1.895
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	1.895
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.895
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.895
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.894
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	1.893
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.893

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.893
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.892
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	1.892
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.891
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	1.890
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.890
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	1.890
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.890
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	1.890
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.890
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.890
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.890
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	1.889
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.889
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	1.888
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.888
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.888
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.887
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	1.887
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.886
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.886
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.886
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.886
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.886
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.885
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.885
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	1.885
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.884
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.884
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.884
15022	Fish, cusk, raw	122.0	1.0 fillet	1.884
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.884

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.884
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.884
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	1.882
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.881
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.881
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	1.880
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.880
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	1.879
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.879
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.878
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	1.878
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	1.878
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.877
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.877
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	1.876
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.876
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	1.876
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.876
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.875
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	1.875
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	1.874
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.874
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.874
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	1.874
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.874
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.873
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	1.873
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	1.873
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.872
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.872
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	1.871
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	1.871

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.871
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	1.871
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.871
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.870
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	1.870
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	1.869
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.868
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.868
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.867
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	1.867
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.867
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.867
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.866
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	1.866
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.865
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.865
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.865
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.865
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.865
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.863
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.863
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	1.863
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.862
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.862
20140	Spelt, uncooked	174.0	1.0 cup	1.862
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.862
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.862

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.862
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	1.861
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	1.861
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.861
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	1.860
15261	Fish, tilapia, raw	116.0	1.0 fillet	1.859
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	1.858
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.858
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.858
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.857
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	1.857
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.857
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	1.856
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.856
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	1.856
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	1.855
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.855
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.855
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	1.854
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	1.853
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.853
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.852
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.850
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.850
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.850
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.850
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.850
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.850
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.849
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	1.848
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.847

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.846
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.846
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.845
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	1.845
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.844
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.844
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	1.844
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.844
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.844
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.844
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.843
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	1.843
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.842
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.842
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.841
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.841
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.840
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.840
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	1.839
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.839
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	1.839
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.838
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	1.838
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.837
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	1.837
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.837
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.837
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	1.836
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.836
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.835
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.834
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.834

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	1.834
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.833
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	1.833
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	1.833
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.832
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.832
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	1.831
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.830
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.830
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	1.830
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.830
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	1.829
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	1.829
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	1.829
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.829
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.829
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.829
20647	Millet flour	119.0	1.0 cup	1.829
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	1.828
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.827
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	1.826
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	1.826
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.826
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.826
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.823
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.823
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	1.823
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	1.823
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	1.823
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	1.822
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	1.822

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
15006	Fish, burbot, raw	116.0	1.0 fillet	1.821
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.821
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	1.820
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	1.820
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	1.820
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	1.818
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.818
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	1.818
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	1.818
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	1.817
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.817
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.817
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	1.817
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	1.817
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.816
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	1.816
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	1.816
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	1.816
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	1.816
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	1.814
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.813
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.812
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.812
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.811
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.811
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.811
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.811
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	1.811
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	1.811
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	1.811
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.810
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	1.810
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.810
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.810

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	1.809
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	1.809
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.807
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.807
20078	Wheat germ, crude	115.0	1.0 cup	1.807
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.806
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	1.806
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	1.806
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.805
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.805
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.805
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.804
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	1.803
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1.802
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	1.802
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1.802
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.802
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	1.801
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	1.800
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	1.800
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	1.800
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	1.800
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.799
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	1.799
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	1.799
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.799
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.799
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	1.798
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	1.798
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.798
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.798
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.798
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	1.798

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.798
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.797
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.796
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.796
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.796
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.796
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	1.796
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	1.796
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	1.793
20076	Wheat, durum	192.0	1.0 cup	1.793
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.793
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	1.792
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	1.792
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.791
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	1.791
05641	Ostrich, ground, raw	109.0	1.0 patty	1.791
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.790
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.789
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.789
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.789
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	1.788
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.788
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.788
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.786
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	1.785
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	1.784
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	1.784
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	1.784
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.784
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.784
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	1.784

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.783
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	1.783
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.782
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	1.781
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.781
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	1.781
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.781
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.780
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	1.780
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	1.778
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.778
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	1.778
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.778
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	1.778
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.778
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.777
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.777
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	1.776
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.776
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.776
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	1.775
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	1.775
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	1.775
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.775
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	1.775
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	1.774
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	1.774
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	1.774
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	1.774
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	1.773
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.771
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.771

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	1.770
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	1.769
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.769
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.769
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.768
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	1.768
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.768
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.767
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	1.767
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.765
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.765
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.765
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.765
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	1.765
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	1.765
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	1.764
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.764
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	1.764
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.763
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.763
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	1.763
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	1.763
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	1.762
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	1.760
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	1.760
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.759
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	1.759
05157	Quail, meat and skin, raw	109.0	1.0 quail	1.758
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.758
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.758
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.758
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.758

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.758
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	1.757
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	1.757
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	1.756
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	1.756
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.754
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.754
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	1.754
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	1.754
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	1.754
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.754
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.754
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.754
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.754
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	1.754
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.753
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.752
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	1.752
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	1.751
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	1.750
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.750
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	1.749
20069	Triticale	192.0	1.0 cup	1.749
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.748
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.748
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	1.748
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	1.748
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	1.747
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	1.747
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	1.747
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.747
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.746
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	1.746
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.745
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.745
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	1.744

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	1.742
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.742
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	1.742
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	1.742
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.742
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.741
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	1.741
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.741
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.740
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.740
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	1.740
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	1.738
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	1.737
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.737
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.737
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.736
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.735
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.735
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	1.735
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.734
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	1.734
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.732
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	1.732
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.731
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.731
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	1.730
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.729
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.729
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.728
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.728

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.727
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	1.727
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	1.726
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	1.726
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	1.725
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	1.724
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.723
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.723
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.723
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	1.722
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.721
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	1.721
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	1.720
01115	Whey, sweet, dried	145.0	1.0 cup	1.720
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	1.719
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.719
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.719
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	1.718
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.718
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	1.718
05158	Quail, meat only, raw	92.0	1.0 quail	1.717
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.716
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	1.716
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	1.715
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.714
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.713
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.713
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.713
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	1.712
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.712
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	1.711
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.711
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	1.711
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.710

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	1.709
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.709
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.708
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.708
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.708
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.707
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.707
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.706
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	1.706
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	1.705
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.705
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.705
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.704
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.703
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.702
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	1.702
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.702
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.702
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	1.701
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.701
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.701
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	1.700
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	1.700
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.699
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.699
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.699
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.699
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	1.698
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	1.698
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	1.697
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.697
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.697

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
20001	Amaranth grain, uncooked	193.0	1.0 cup	1.696
05154	Pheasant, raw, meat only	85.0	3.0 oz	1.696
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.696
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	1.695
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	1.695
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.694
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	1.694
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	1.693
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	1.693
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	1.693
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.693
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.692
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	1.691
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.689
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	1.689
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.689
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.688
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	1.687
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.687
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.686
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	1.686
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	1.685
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.685
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.685
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.684
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.683
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	1.682
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.682
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	1.682
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	1.682
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	1.682
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	1.681

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure	
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	1.681	
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	1.681	
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	1.680	
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	1.680	
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	1.678	
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.678	
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.678	
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.675	
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	1.675	
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.675	
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.675	
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	1.674	
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)		1.674
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.674	
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.674	
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	1.673	
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.673	
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	1.673	
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.672	
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.671	
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.670	
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.669	
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.669	
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	1.668	
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	1.668	
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	1.667	
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	1.666	
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.664	
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.664	

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	1.663
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	1.663
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.663
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.662
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	1.662
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.662
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.660
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.659
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.658
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	1.658
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.658
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.658
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.658
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	1.658
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	1.655
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	1.654
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	1.654
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	1.654
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.653
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.652
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	1.652
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.650
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.650
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.650
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.649
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	1.649
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.649
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.649
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	1.649
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.648
05159	Quail, breast, meat only, raw	85.0	3.0 oz	1.647
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.646

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.646
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	1.646
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.646
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.646
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.645
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.644
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.643
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	1.643
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.643
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.642
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	1.642
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	1.640
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	1.640
20072	Wheat, hard red winter	192.0	1.0 cup	1.640
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.640
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.639
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	1.639
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.638
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	1.636
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	1.636
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.636
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	1.634
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	1.633
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	1.633
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	1.633
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	1.632
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	1.632
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	1.631
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	1.631
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.631
20088	Wild rice, raw	160.0	1.0 cup	1.629
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.629
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.627

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.627
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	1.627
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	1.625
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.624
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.624
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	1.624
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	1.624
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.622
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.622
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.622
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	1.622
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.621
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.621
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.621
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	1.620
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	1.618
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	1.617
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.617
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.616
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.615
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.615
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.615
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	1.614
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.614
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	1.614
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.613
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.613
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	1.613
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.612
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	1.612
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.611
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.610

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	1.609
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	1.609
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.606
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.606
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.606
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	1.605
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	1.603
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	1.601
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.601
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.601
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	1.599
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	1.598
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.597
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.596
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	1.596
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	1.595
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.595
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	1.595
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.593
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	1.593
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.593
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	1.592
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.592
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	1.591
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.591
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	1.590
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.590
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	1.589
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	1.589
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.589
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.589
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	1.589
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.589
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	1.589

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	1.589
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.587
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.584
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	1.583
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	1.583
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	1.582
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	1.582
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	1.580
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.580
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	1.579
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	1.579
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	1.579
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	1.579
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	1.579
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	1.579
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	1.579
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	1.578
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.578
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.578
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	1.578
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.578
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.578
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	1.576
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.576
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.575
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.575
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	1.574
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.573
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	1.572
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	1.572
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.572
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.572

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	1.571
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	1.568
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	1.567
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.567
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.566
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	1.565
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	1.564
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	1.562
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.562
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	1.561
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.561
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	1.561
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.561
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.561
20004	Barley, hulled	184.0	1.0 cup	1.560
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.560
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.560
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.559
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.558
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	1.557
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	1.557
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	1.556
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	1.556
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.555
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	1.554
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	1.553
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	1.553
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.553
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.552
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.552
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.552
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	1.550
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.550
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.550

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.550
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	1.550
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.550
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.549
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.549
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.546
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.546
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.546
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	1.546
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.545
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.545
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	1.544
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.543
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.543
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.543
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.542
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	1.542
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	1.541
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.540
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	1.540
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.538
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.538
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.538
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.538
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.537
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.536
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.535
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.534
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.532
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.532
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.532
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	1.531
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.530
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.530

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	1.530
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	1.530
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.529
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	1.528
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	1.527
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.527
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	1.527
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.527
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	1.526
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.526
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.525
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	1.524
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.524
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.523
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	1.523
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.523
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.523
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.522
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	1.522
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.522
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	1.522
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.522
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	1.522
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	1.520
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	1.520
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.519
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.518
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	1.518
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	1.517
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.516
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	1.516
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	1.516
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	1.515
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	1.515
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.515
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	1.515

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	1.514
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.514
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	1.514
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.514
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	1.513
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.513
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.511
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.510
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.510
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.510
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	1.509
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.509
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.509
20028	Couscous, dry	173.0	1.0 cup	1.509
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.506
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	1.506
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	1.504
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	1.503
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	1.503
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.503
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.501
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.501
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.500
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.499
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	1.499
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.499
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.499
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.498
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.498
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.498
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	1.497
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.497
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.497
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.497
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	1.496

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.496
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	1.495
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.495
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	1.495
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	1.494
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.494
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	1.493
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.493
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	1.493
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.493
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.491
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.491
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.490
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.488
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.488
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.488
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	1.487
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.487
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.487
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	1.486
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	1.485
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.485
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	1.485
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.484
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.484
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	1.484
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.484
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	1.483
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	1.483
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	1.482
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.482
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	1.481
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	1.481
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.480

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	1.479
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	1.478
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	1.478
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.478
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	1.476
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.476
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.476
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.476
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.475
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.475
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	1.475
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	1.474
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	1.474
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.474
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.472
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	1.472
05621	Emu, ground, raw	117.0	1.0 patty	1.471
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.471
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	1.470
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	1.469
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.468
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1.468
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	1.467
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	1.466
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.466
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.463
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.463
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	1.462
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	1.461
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.459
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	1.459
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.459
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.459
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.459

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.458
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.456
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.454
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	1.454
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	1.454
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.453
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.450
21251	BURGER KING, Cheeseburger	133.0	1.0 item	1.450
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.449
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	1.449
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.449
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.449
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	1.449
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.448
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.448
20066	Semolina, enriched	167.0	1.0 cup	1.448
20466	Semolina, unenriched	167.0	1.0 cup	1.448
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	1.448
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.448
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	1.448
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.448
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.446
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.446
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.445
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.444
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	1.444
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.443
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.443
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.442
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	1.440
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.439
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	1.439
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	1.438

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
01109	Milk, sheep, fluid	245.0	1.0 cup	1.438
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	1.438
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	1.437
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.437
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.436
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.436
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	1.435
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.435
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.435
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.435
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.432
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	1.431
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.431
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.431
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.431
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	1.430
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	1.430
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.429
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	1.428
20035	Quinoa, uncooked	170.0	1.0 cup	1.428
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.426
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.425
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	1.425
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.425
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.425
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.423
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.422
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.422
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	1.421
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	1.421
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.419
15053	Fish, milkfish, raw	85.0	3.0 oz	1.419
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	1.418
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.417

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	1.417
10130	Canadian bacon, unprepared	85.0	3.0 oz	1.416
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.415
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	1.414
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	1.414
20008	Buckwheat	170.0	1.0 cup	1.414
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	1.414
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	1.411
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.411
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.411
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.410
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.408
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.407
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.407
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.406
15001	Fish, anchovy, european, raw	85.0	3.0 oz	1.406
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.405
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	1.405
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.403
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	1.402
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.402
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.401
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.401
15049	Fish, mackerel, king, raw	85.0	3.0 oz	1.401
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.399
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.398
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.398
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.398
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.398
15097	Fish, sheepshead, raw	85.0	3.0 oz	1.397
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.396
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.396
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.396
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.396

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.395
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	1.394
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	1.394
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	1.394
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	1.394
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	1.394
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	1.394
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	1.394
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.393
15079	Fish, salmon, chum, raw	85.0	3.0 oz	1.391
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	1.391
07005	Blood sausage	100.0	4.0 slices	1.390
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	1.390
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	1.389
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	1.389
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	1.389
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.389
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	1.389
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	1.389
05150	Goose, liver, raw	94.0	1.0 liver	1.388
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.388
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.388
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.388
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	1.388
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.387
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	1.387
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.386
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.386
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.386
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	1.386
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	1.386
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	1.386
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	1.385
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	1.385
07008	Bologna, beef and pork	100.0	3.527 oz	1.385

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.385
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.385
16008	Beans, baked, canned, with franks	259.0	1.0 cup	1.383
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.381
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	1.380
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.379
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	1.379
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	1.378
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.378
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.378
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	1.374
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.373
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.373
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	1.373
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	1.372
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	1.371
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.370
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	1.369
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	1.369
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	1.368
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	1.368
15110	Fish, swordfish, raw	85.0	3.0 oz	1.368
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	1.367
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.367
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	1.367
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	1.366
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	1.364
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.364
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	1.364
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	1.364
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.363
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.363
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.363
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	1.363

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	1.361
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	1.360
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	1.359
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	1.357
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	1.357
16007	Beans, baked, canned, with beef	266.0	1.0 cup	1.357
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.357
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	1.356
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.353
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.352
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	1.350
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	1.349
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	1.348
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.346
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.346
20005	Barley, pearled, raw	200.0	1.0 cup	1.346
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	1.345
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.345
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	1.343
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	1.342
22911	Chili, no beans, canned entree	240.0	1.0 cup	1.342
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	1.341
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	1.341
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.340
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	1.340
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.340
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	1.340
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	1.339
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	1.339
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	1.338
12147	Nuts, pine nuts, dried	135.0	1.0 cup	1.338
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	1.337
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	1.337
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	1.337
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	1.336

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.335
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	1.335
19059	Snacks, trail mix, regular	150.0	1.0 cup	1.335
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	1.335
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	1.334
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	1.334
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	1.333
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	1.332
15062	Fish, pike, northern, raw	85.0	3.0 oz	1.330
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.329
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	1.328
15083	Fish, salmon, pink, raw	85.0	3.0 oz	1.328
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	1.326
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.326
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.326
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	1.324
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	1.324
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.323
15064	Fish, pike, walleye, raw	85.0	3.0 oz	1.322
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.320
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.320
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.319
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	1.318
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.318
05152	Guinea hen, meat only, raw	85.0	3.0 oz	1.317
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.317
16104	Bacon, meatless	144.0	1.0 cup	1.316
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	1.316
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.316
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	1.316
16100	Peanut flour, low fat	60.0	1.0 cup	1.315
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.313
20648	Sorghum flour, whole-grain	121.0	1.0 cup	1.313
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	1.312

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.312
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.312
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	1.312
15044	Fish, ling, raw	85.0	3.0 oz	1.312
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.312
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.311
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.311
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	1.311
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.311
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.310
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	1.309
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.309
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	1.308
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	1.306
15033	Fish, haddock, raw	85.0	3.0 oz	1.306
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.306
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	1.306
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	1.305
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.305
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.305
15090	Fish, scup, raw	85.0	3.0 oz	1.304
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.303
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.301
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.301
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	1.301
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.300
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	1.300
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.299
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	1.298
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.297

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	1.297
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.296
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.296
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	1.295
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	1.295
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	1.293
20033	Oat bran, raw	94.0	1.0 cup	1.292
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	1.291
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	1.291
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.290
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.290
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.290
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.289
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.289
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.289
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	1.289
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.289
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	1.288
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	1.288
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	1.286
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.284
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.284
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	1.283
20073	Wheat, soft red winter	168.0	1.0 cup	1.282
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.282
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	1.282
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	1.282
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	1.280
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	1.279
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	1.279
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	1.278
15023	Fish, mahimahi, raw	85.0	3.0 oz	1.278
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	1.278
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	1.278
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	1.277

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	1.275
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	1.274
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	1.274
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	1.274
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	1.273
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.273
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	1.272
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	1.270
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	1.270
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	1.269
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.269
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.267
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	1.267
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	1.266
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.266
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	1.265
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	1.265
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	1.263
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	1.263
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	1.263
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	1.262
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.261
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	1.261
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	1.261
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.261
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.261
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	1.257
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	1.257
17142	Veal, ground, raw	85.0	3.0 oz	1.256
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.256
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	1.255
19352	Syrups, malt	332.0	1.0 cup	1.255
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	1.255
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	1.254
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	1.254

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	1.252
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	1.252
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	1.251
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	1.250
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	1.250
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	1.248
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	1.248
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	1.248
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	1.245
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	1.245
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	1.244
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	1.243
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.242
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	1.239
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	1.238
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	1.238
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	1.234
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	1.233
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	1.232
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	1.232
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	1.232
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	1.232
15008	Fish, carp, raw	85.0	3.0 oz	1.232
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	1.230
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	1.229
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	1.229
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	1.229
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	1.228
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.227
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.227
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.227
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	1.225
15004	Fish, bass, striped, raw	85.0	3.0 oz	1.225
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.225
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.224

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	1.223
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	1.223
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	1.222
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.222
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	1.222
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	1.222
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.221
15045	Fish, lingcod, raw	85.0	3.0 oz	1.220
15013	Fish, cisco, raw	79.0	1.0 fillet	1.219
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	1.219
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	1.218
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	1.218
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	1.218
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	1.218
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	1.218
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	1.218
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.218
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	1.218
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	1.215
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	1.215
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	1.215
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	1.214
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	1.214
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	1.213
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	1.211
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	1.211
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	1.211
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	1.209
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	1.209
15112	Fish, tilefish, raw	85.0	3.0 oz	1.209
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.209
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	1.209
20131	Barley malt flour	162.0	1.0 cup	1.209
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	1.208
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	1.208
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	1.207

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	1.207
20060	Rice bran, crude	118.0	1.0 cup	1.206
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	1.204
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.201
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	1.201
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	1.201
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	1.200
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	1.198
20070	Triticale flour, whole-grain	130.0	1.0 cup	1.196
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.195
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	1.195
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	1.194
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	1.192
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.192
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	1.192
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	1.192
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	1.191
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	1.187
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.187
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	1.185
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.183
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.183
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	1.183
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	1.182
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	1.181
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	1.180
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	1.178
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	1.178
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	1.178
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	1.178
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	1.178
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	1.177
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.177
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.177
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.177
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	1.174

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	1.174
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	1.174
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	1.172
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	1.172
15094	Fish, shad, american, raw	85.0	3.0 oz	1.170
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	1.169
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	1.168
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	1.168
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	1.168
16059	Chili with beans, canned	256.0	1.0 cup	1.167
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	1.167
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	1.167
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	1.165
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.164
20012	Bulgur, dry	140.0	1.0 cup	1.162
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	1.162
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.158
15107	Fish, sucker, white, raw	85.0	3.0 oz	1.158
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	1.158
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	1.157
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	1.155
11212	Edamame, frozen, prepared	155.0	1.0 cup	1.155
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	1.152
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	1.151
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	1.149
15059	Fish, pout, ocean, raw	85.0	3.0 oz	1.149
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.148
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	1.148
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	1.147
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	1.145
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	1.143
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.143
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	1.142
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	1.142
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	1.142
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	1.141

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	1.139
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	1.138
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.136
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	1.135
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	1.135
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.135
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	1.134
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	1.134
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	1.132
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	1.131
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	1.130
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	1.130
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	1.127
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	1.125
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	1.125
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	1.122
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	1.120
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	1.116
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	1.115
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	1.115
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	1.114
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	1.110
15129	Fish, turbot, european, raw	85.0	3.0 oz	1.109
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	1.109
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	1.103
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	1.100
15073	Fish, roughy, orange, raw	85.0	3.0 oz	1.099
15128	Fish, tuna salad	85.0	3.0 oz	1.099
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	1.099
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	1.099
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	1.098
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	1.098
20063	Rye flour, dark	128.0	1.0 cup	1.097
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	1.097
11656	Corn pudding, home prepared	250.0	1.0 cup	1.095
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.095

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	1.094
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	1.094
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	1.091
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	1.090
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	1.090
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	1.089
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	1.089
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	1.089
21083	Fast foods, taco salad	198.0	1.5 cup	1.087
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	1.086
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	1.086
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	1.086
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	1.085
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	1.085
05630	Emu, outside drum, raw	85.0	3.0 oz	1.083
16005	Beans, baked, home prepared	253.0	1.0 cup	1.083
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	1.080
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	1.078
20080	Wheat flour, whole-grain	120.0	1.0 cup	1.078
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	1.077
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	1.077
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	1.076
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	1.076
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	1.075
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	1.074
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	1.074
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	1.074
05626	Emu, full rump, raw	85.0	3.0 oz	1.071
05631	Emu, oyster, raw	85.0	3.0 oz	1.070
12145	Nuts, pilinuts, dried	120.0	1.0 cup	1.068
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	1.065
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	1.065
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	1.065
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	1.065
16009	Beans, baked, canned, with pork	253.0	1.0 cup	1.063
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	1.063

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	1.063
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	1.062
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.058
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	1.058
35147	Tamales (Navajo)	186.0	1.0 piece	1.056
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	1.056
20130	Barley flour or meal	148.0	1.0 cup	1.055
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	1.054
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	1.052
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	1.052
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	1.051
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	1.050
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	1.044
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	1.044
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	1.044
05625	Emu, flat fillet, raw	85.0	3.0 oz	1.044
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	1.042
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	1.042
05628	Emu, inside drum, raw	85.0	3.0 oz	1.042
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	1.042
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	1.041
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	1.035
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	1.035
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	1.030
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	1.030
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	1.029
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	1.027
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	1.026
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	1.026
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	1.025
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	1.025
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	1.024
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	1.024
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	1.023
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	1.023
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	1.022

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	1.020
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	1.020
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	1.018
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	1.016
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	1.015
19367	Toppings, nuts in syrup	328.0	1.0 cup	1.014
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	1.012
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	1.012
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	1.012
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	1.008
01094	Milk, buttermilk, dried	30.0	0.25 cup	1.008
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	1.007
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	1.007
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	1.006
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	1.006
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	1.004
15054	Fish, monkfish, raw	85.0	3.0 oz	1.000
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	1.000
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.998
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.997
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.997
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.994
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.994
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.994
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.994
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.993
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.989
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.987
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.986
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.986
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.984
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.984
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.982
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.982
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.981
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.981

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.981
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.981
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.980
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.979
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.979
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.979
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.977
01057	Eggnog	254.0	1.0 cup	0.973
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.972
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.972
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.972
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.972
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.971
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.970
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.965
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.964
15103	Fish, spot, raw	64.0	1.0 fillet	0.963
11658	Spinach souffle	136.0	1.0 cup	0.963
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.961
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.961
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.959
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.958
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.958
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.956
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.955
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.955
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.954
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.952
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.952
20062	Rye grain	169.0	1.0 cup	0.951
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.951
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.951
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.951
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.950
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.950
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.949

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.948
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.947
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.947
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.946
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.945
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.945
20090	Rice flour, brown	158.0	1.0 cup	0.945
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.944
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.943
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.942
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.942
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.940
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.940
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.938
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.936
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.935
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.932
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.931
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.929
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.929
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.929
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.929
15074	Fish, sablefish, raw	85.0	3.0 oz	0.927
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.925
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.921
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.917
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.916
07059	Polish sausage, pork	85.0	3.0 oz	0.915
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.914
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.914
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.914
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.913
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.913
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.910
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.910
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.910

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.906
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.904
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.902
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.899
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.899
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.899
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.899
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.898
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.895
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.894
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.893
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.892
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.888
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.888
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.888
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.888
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.884
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.881
01023	Cheese, gruyere	28.35	1.0 oz	0.879
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.878
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.877
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.875
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.874
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.871
01038	Cheese, romano	28.35	1.0 oz	0.871
07024	Frankfurter, chicken	85.0	3.0 oz	0.870
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.870
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.865
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.862
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.862
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.860
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.859
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.858
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.858
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.856
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.856

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.856
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.852
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.850
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.847
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.847
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.845
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.845
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.845
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.845
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.843
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.843
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.842
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.839
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.835
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.835
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.834
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.833
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.833
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.833
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.833
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.828
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.827
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.825
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.822
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.822
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.817
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.812
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.812
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.811
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.811
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.811
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.811
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.811
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.811
07052	Pastrami, turkey	57.0	2.0 slices	0.810
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.809

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.807
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.805
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.803
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.803
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.802
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.800
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.798
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.797
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.797
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.795
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.795
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.794
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.794
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.794
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.792
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.791
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.790
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.788
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.787
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.785
20143	Teff, cooked	252.0	1.0 cup	0.784
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.784
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.783
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.783
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.783
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.782
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.782
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.782
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.782
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.781
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.781
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.780
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.780
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.780
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.779
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.778

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.778
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.777
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.777
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.776
20032	Millet, cooked	174.0	1.0 cup	0.776
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.775
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.773
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.772
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.771
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.770
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.769
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.768
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.768
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.767
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.766
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.765
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.764
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.764
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.763
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.763
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.762
07939	Frankfurter, pork	76.0	1.0 link	0.761
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.757
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.757
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.756
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.755
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.755
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.754
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.753
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.753
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.750
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.750
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.750
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.749
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.748
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.748

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.748
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.748
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.748
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.747
01156	Cheese, goat, hard type	28.35	1.0 oz	0.746
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.745
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.745
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.744
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.744
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.743
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.742
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.741
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.739
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.737
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.735
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.734
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.733
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.732
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.730
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.730
01018	Cheese, edam	28.35	1.0 oz	0.729
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.728
01022	Cheese, gouda	28.35	1.0 oz	0.727
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.726
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.724
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.723
01041	Cheese, tilsit	28.35	1.0 oz	0.722
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.722
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.720
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.720
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.719
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.718
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.715
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.714

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.713
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.711
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.711
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.711
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.711
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.711
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.710
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.710
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.709
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.708
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.708
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.706
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.704
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.701
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.700
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.696
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.696
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.695
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.695
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.694
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.689
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.688
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.688
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.688
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.685
01008	Cheese, caraway	28.35	1.0 oz	0.684
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.684
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.682
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.682
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.681
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.680
11413	Potato flour	160.0	1.0 cup	0.680
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.674
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.674
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.673
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.671

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.670
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.670
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.670
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.668
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.668
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.667
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.667
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.666
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.665
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.665
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.664
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.664
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.663
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.662
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.662
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.661
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.660
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.660
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.660
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.660
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.659
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.658
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.658
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.657
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.656
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.656
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.655
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.655
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.654
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.653
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.653
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.652
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.649

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.648
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.647
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.647
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.644
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.644
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.642
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.642
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.642
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.642
13350	Beef, cured, dried	28.0	10.0 slices	0.640
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.638
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.638
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.638
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.637
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.637
01113	Whey, acid, dried	57.0	1.0 cup	0.636
01010	Cheese, cheshire	28.35	1.0 oz	0.634
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.632
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.631
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.629
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.629
07911	Liverwurst spread	55.0	0.25 cup	0.626
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.625
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.624
20064	Rye flour, medium	102.0	1.0 cup	0.623
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.622
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.622
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.621
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.619
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.619
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.617
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.616
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.611
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.609
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.608

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.607
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.605
36031	DENNY'S, onion rings	166.0	1.0 serving	0.604
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.604
01039	Cheese, roquefort	28.35	1.0 oz	0.599
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.598
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.598
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.597
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.595
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.595
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.594
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.593
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.593
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.592
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.591
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.589
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.588
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.587
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.587
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.587
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.584
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.584
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.584
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.584
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.584
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.584
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.584
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.583
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.582
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.582
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.581
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.580
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.579
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.578
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.575
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.572

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.571
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.571
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.571
20065	Rye flour, light	102.0	1.0 cup	0.567
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.567
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.566
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.564
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.560
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.558
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.558
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.556
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.555
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.555
17172	Game meat, moose, raw	28.35	1.0 oz	0.555
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.554
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.554
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.554
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.554
17164	Game meat, deer, raw	28.35	1.0 oz	0.553
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.552
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.551
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.551
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.551
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.549
17166	Game meat, elk, raw	28.35	1.0 oz	0.549
20087	Wheat, sprouted	108.0	1.0 cup	0.548
01006	Cheese, brie	28.35	1.0 oz	0.547
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.546
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.546
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.546
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.546
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.546
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.546
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.545
01004	Cheese, blue	28.35	1.0 oz	0.544
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.544

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.543
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.542
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.542
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.542
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.541
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.541
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.540
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.540
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.540
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.539
20077	Wheat bran, crude	58.0	1.0 cup	0.538
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.538
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.538
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.538
17150	Game meat, beaver, raw	28.35	1.0 oz	0.538
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.538
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.538
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.538
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.538
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.537
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.537
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.536
17144	Game meat, antelope, raw	28.35	1.0 oz	0.536
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.535
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.534
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.534
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.532
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.531
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.530
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.530
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.529
17162	Game meat, caribou, raw	28.35	1.0 oz	0.529
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.529
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.528
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.525
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.523

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.522
01007	Cheese, camembert	28.35	1.0 oz	0.522
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.522
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.521
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.521
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.520
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.520
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.520
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.519
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.518
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.518
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.517
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.516
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.516
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.516
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.516
20034	Oat bran, cooked	219.0	1.0 cup	0.515
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.514
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.513
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.512
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.512
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.512
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.511
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.509
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.509
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.508
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.508
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.507
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.507
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.505
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.505
11414	Potato salad, home-prepared	250.0	1.0 cup	0.505
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.505
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.505
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.504

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.504
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.504
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.504
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.504
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.504
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.503
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.503
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.503
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.503
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.502
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.502
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.501
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.500
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.500
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.499
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.499
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.499
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.499
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.499
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.498
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.498
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.498
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.498
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.498
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.497
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.496
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.496
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.495
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.495
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.495
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.495
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.494
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.494
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.494
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.494

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.493
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.492
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.492
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	0.491
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.490
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.489
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.489
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.489
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.488
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.488
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.488
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.487
17168	Goat, raw	28.35	1.0 oz	0.486
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.486
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.486
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.486
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.486
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.486
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.485
07921	Bacon and beef sticks	28.0	1.0 oz	0.485
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.485
07019	Chorizo, pork and beef	28.35	1.0 oz	0.484
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.484
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.484
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.483
20137	Quinoa, cooked	185.0	1.0 cup	0.483
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.482
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.481
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.481
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.481
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.481
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.481
17170	Game meat, horse, raw	28.35	1.0 oz	0.481
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.481
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.481
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.480

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.480
11432	Radishes, oriental, dried	116.0	1.0 cup	0.479
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.479
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.479
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.479
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.478
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.476
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.475
16087	Peanuts, all types, raw	28.35	1.0 oz	0.474
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.474
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.473
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.473
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.473
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.472
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.472
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.471
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.471
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.469
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.469
11304	Peas, green, raw	145.0	1.0 cup	0.468
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.468
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.467
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.467
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.467
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.466
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.466
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.466
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.465
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.465
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.464
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.464
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.463
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.462
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.461
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.461
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.460

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.460
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.459
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.459
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.458
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.458
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.458
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.458
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.457
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.457
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.456
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.456
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.455
16055	Carob flour	103.0	1.0 cup	0.455
07926	Salami, Italian, pork	28.0	1.0 oz	0.455
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.455
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.454
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.453
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.453
01159	Cheese, goat, soft type	28.35	1.0 oz	0.453
20089	Wild rice, cooked	164.0	1.0 cup	0.453
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.452
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.452
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.452
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.452
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.451
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.451
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.451
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.451
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.451
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.451
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.450
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.450

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.450
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.449
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.449
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.448
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.447
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.446
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.446
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.446
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.446
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.446
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.446
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.445
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.445
01069	Cream substitute, powdered	94.0	1.0 cup	0.445
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.445
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.444
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.444
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.443
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.442
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.442
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.442
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.442
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.441
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.441
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.441
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.440
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.440
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.439
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.438
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.438
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.438
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.437
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.437
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.437

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.437
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.437
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.436
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.436
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.436
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.436
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.436
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.436
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.435
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.435
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.435
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.435
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.434
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.433
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.433
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.432
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.432
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.431
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.431
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.431
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.430
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.429
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.429
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.428
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.428
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.427
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.427
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.427
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.427
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.426
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.426
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.426
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.425
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.425

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.425
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.424
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.424
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.423
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.422
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.422
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.422
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.422
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.421
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.421
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.421
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.421
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.421
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.420
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.419
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.419
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.419
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.419
11215	Garlic, raw	136.0	1.0 cup	0.419
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.419
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.419
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.418
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.418
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.417
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.417
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.417
21268	TACO BELL, Nachos	80.0	1.0 serving	0.417
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.417
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.417
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.416
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.416
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.416
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.416
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.416

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.414
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.414
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.414
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.414
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.414
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.414
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.413
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.412
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.410
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.410
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.410
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.410
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.408
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.408
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.408
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.408
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.407
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.407
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.407
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.407
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.407
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.407
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.406
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.405
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.404
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.403
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.403
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.402
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.401
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.401
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.401
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.400
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.400

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.399
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.399
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.398
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.398
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.397
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.397
16107	Sausage, meatless	25.0	1.0 link	0.397
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.396
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.396
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.396
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.395
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.395
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.395
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.394
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.393
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.393
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.393
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.393
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.392
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.392
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.391
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.390
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.390
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.390
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.389
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.389
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.389
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.387
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.387
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.387
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.387
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.386
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.385

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.384
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.384
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.384
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.384
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.383
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.382
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.381
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.380
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.380
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.380
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.380
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.379
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.379
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.379
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.379
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.379
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.379
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.379
20013	Bulgur, cooked	182.0	1.0 cup	0.379
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.378
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.378
07040	Liver cheese, pork	28.35	1.0 oz	0.377
15014	Fish, cisco, smoked	28.35	1.0 oz	0.377
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.377
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.376
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.376
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.376
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.375
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.375
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.375
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.375
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.375
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.375

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.375
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.374
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.373
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.373
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.373
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.373
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.372
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.372
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.371
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.371
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.371
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.370
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.370
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.370
16129	Tofu, fried	28.35	1.0 oz	0.370
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.370
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.370
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.369
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.368
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.368
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.368
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.368
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.368
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.368
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.367
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.367
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.366
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.366
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.366
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.366
17224	Lamb, ground, raw	28.35	1.0 oz	0.365
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.364
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.364

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.363
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.363
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.363
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.363
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.362
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.362
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.362
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.362
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.362
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.362
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.361
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.360
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.360
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.359
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.359
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.359
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.358
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.357
07030	Ham, minced	28.35	1.0 oz	0.357
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.356
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.356
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.356
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.356
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.354
07026	Ham, chopped, canned	28.35	1.0 oz	0.354
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.353
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.353
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.352
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.352
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.352
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.351
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.351
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.351
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.351
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.351

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.351
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.350
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.350
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.349
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.348
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.347
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.346
07050	Mortadella, beef, pork	28.35	1.0 oz	0.344
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.344
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.343
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.342
07070	Salami, cooked, turkey	28.0	1.0 serving	0.341
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.341
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.341
15109	Fish, surimi	28.35	1.0 oz	0.341
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.340
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.340
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.340
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.339
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.338
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.338
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.337
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.337
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.336
01124	Egg, white, raw, fresh	33.0	1.0 large	0.335
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.335
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.335
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.335
20030	Hominy, canned, white	165.0	1.0 cup	0.333
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.333
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.333
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.333
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.332
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.331
07025	Frankfurter, turkey	28.35	1.0 oz	0.330
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.329

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.329
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.328
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.328
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.328
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.328
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.327
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.327
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.326
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.326
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.324
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.324
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.324
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.324
20330	Hominy, canned, yellow	160.0	1.0 cup	0.323
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.323
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.323
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.321
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.321
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.320
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.320
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.320
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.319
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.319
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.319
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.319
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.319
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.319
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.319
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.319
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.319
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.319
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.318
07061	Mother's loaf, pork	28.35	1.0 oz	0.318
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.317
36610	DENNY'S, french fries	165.0	1.0 serving	0.317
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.317

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.317
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.317
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.316
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.316
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.315
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.315
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.315
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.314
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.313
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.313
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.313
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.313
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.313
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.312
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.312
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.311
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.311
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.311
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.310
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.310
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.310
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.310
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.309
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.308
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.308
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.308
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.306
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.306
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.306
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.304
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.304
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.304
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.303
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.301
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.301
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.300

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.299
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.299
16130	Okara	122.0	1.0 cup	0.298
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.297
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.297
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.297
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.297
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.296
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.296
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.296
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.296
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.295
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.294
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.293
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.292
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.292
21419	KFC, biscuit	49.0	1.0 biscuit	0.292
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.291
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.291
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.291
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.290
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.288
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.288
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.288
01031	Cheese, neufchatel	28.35	1.0 oz	0.287
07068	Salami, cooked, beef	26.0	1.0 slice	0.287
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.286
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.286
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.286
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.286
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.285
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.285
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.284
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.284
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.282
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.282

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
09139	Guavas, common, raw	165.0	1.0 cup	0.282
07007	Bologna, beef	30.0	1.0 slice	0.282
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.282
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.282
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.281
01021	Cheese, gjetost	28.35	1.0 oz	0.281
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.281
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.281
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.280
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.280
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.280
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.280
19147	Candies, peanut bar	28.35	1.0 oz	0.280
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.279
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.279
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.278
20133	Rice noodles, dry	57.0	2.0 oz	0.278
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.277
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.277
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.276
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.276
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.276
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.276
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.275
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.274
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.274
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.274
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.274
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.273
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.271
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.271
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.271
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.270
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.269
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.269

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.269
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.268
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.268
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.267
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.267
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.267
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.267
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.267
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.267
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.266
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.266
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.266
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.266
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.266
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.266
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.266
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.265
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.265
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.264
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.264
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.263
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.263
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.262
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.261
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.260
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.260
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.260
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.259
20134	Rice noodles, cooked	176.0	1.0 cup	0.259
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.259
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.259
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.258
07971	Bologna, meat and poultry	33.0	1.0 slice	0.258
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.257
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.257
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.257

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.256
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.256
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.255
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.254
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.254
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.254
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.254
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.254
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.254
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.252
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.252
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.251
11683	Carrot, dehydrated	74.0	1.0 cup	0.250
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.250
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.250
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.249
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.249
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.249
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.249
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.249
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.248
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.248
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.247
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.247
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.247
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.247
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.247
11961	Hearts of palm, canned	146.0	1.0 cup	0.247
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.246
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.246
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.244
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.244
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.244
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.244
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.244
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.243

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.243
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.242
20006	Barley, pearled, cooked	157.0	1.0 cup	0.242
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.242
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.240
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.240
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.240
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.238
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.238
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.237
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.237
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.236
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.236
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.236
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.236
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.236
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.236
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.236
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.236
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.236
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.234
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.234
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.233
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.232
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.232
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.231
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.231
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.230
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.230
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.230
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.230
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.229
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.229
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.228
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.228
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.228

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.228
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.227
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.227
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.226
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.226
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.226
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.226
07033	Ham and cheese spread	15.0	1.0 tbsp	0.226
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.225
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.225
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.225
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.225
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.224
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.224
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.224
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.223
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.222
11616	Dock, raw	133.0	1.0 cup, chopped	0.222
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.222
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.222
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.222
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.222
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.220
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.220
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.220
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.220
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.219
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.218
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.218
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.218
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.217
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.217
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.217
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.217
07960	Bologna, chicken, pork	28.0	1.0 serving	0.217
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.217

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.217
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.217
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.216
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.216
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.216
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.216
18028	Bread, egg, toasted	28.35	1.0 oz	0.215
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.215
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.215
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.214
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.214
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.214
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.214
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.213
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.213
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.213
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.213
18003	Bagels, egg	28.35	1.0 oz	0.212
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.212
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.212
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.212
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.212
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.212
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.211
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.210
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.210
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.210
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.210
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.210
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.210
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.209
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.209
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.208
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.208
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.208
01070	Dessert topping, powdered	43.0	1.5 oz	0.208

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.208
18037	Bread, oat bran	28.35	1.0 oz	0.208
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.207
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.207
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.207
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.205
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.205
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.205
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.205
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.204
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.204
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.204
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.204
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.204
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.203
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.202
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.202
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.202
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.201
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.201
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.200
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.199
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.199
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.198
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.198
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.198
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.198
16429	Tofu, fried, prepared with calcium sulfat	13.0	1.0 piece	0.197
18235	Crackers, whole-wheat	28.0	1.0 serving	0.197
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.197
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.196
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.196
18027	Bread, egg	28.35	1.0 oz	0.196
18241	Croissants, cheese	28.35	1.0 oz	0.196
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.196
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.196

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.196
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.195
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.195
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.195
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.195
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.195
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.195
18344	Rolls, dinner, egg	28.35	1.0 oz	0.194
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.194
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.194
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.192
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.192
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.192
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.192
01114	Whey, sweet, fluid	246.0	1.0 cup	0.192
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.192
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.192
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.191
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.191
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.191
09094	Figs, dried, uncooked	149.0	1.0 cup	0.191
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.191
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.191
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.190
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.189
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.188
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.188
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.188
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.187
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.187
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.187
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.187
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.187
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.187
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.187
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.186

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.186
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.186
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.186
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.186
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.186
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.186
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.186
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.186
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.186
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.185
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.185
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.185
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.185
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.184
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.184
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.184
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.183
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.183
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.183
18245	Danish pastry, cheese	28.35	1.0 oz	0.183
12059	Nuts, acorns, dried	28.35	1.0 oz	0.183
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.182
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.182
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.182
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.182
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.181
18236	Cracker meal	28.35	1.0 oz	0.181
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.181
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.181
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.181
18061	Bread, rye, toasted	28.35	1.0 oz	0.181
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.180
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.180
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.180
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.180
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.180

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.179
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.179
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.179
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.179
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.179
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.178
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.178
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.178
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.178
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.178
01112	Whey, acid, fluid	246.0	1.0 cup	0.177
18059	Bread, rice bran	28.35	1.0 oz	0.177
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.177
18239	Croissants, butter	28.35	1.0 oz	0.177
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.177
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.176
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.176
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.176
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.176
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.175
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.175
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.175
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.175
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.175
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.175
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.175
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.174
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.174
18033	Bread, italian	28.35	1.0 oz	0.174
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.174
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.174
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.173
18266	English muffins, whole-wheat	28.35	1.0 oz	0.173
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.173
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.173
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.173

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.173
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.173
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.173
18349	Rolls, french	28.35	1.0 oz	0.172
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.172
18039	Bread, oatmeal	28.35	1.0 oz	0.172
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.172
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.172
18025	Bread, cracked-wheat	28.35	1.0 oz	0.172
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.172
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.172
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.172
11011	Asparagus, raw	134.0	1.0 cup	0.172
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.171
18066	Bread, wheat bran	28.35	1.0 oz	0.171
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.171
18044	Bread, pumpernickel	28.35	1.0 oz	0.171
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.170
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.170
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.170
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.170
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.170
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.170
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.169
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.169
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.169
18264	English muffins, wheat	28.35	1.0 oz	0.169
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.169
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.169
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.168
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.168
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.168
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.168
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.168
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.168
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.168

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.167
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.167
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.166
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.166
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.166
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.166
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.166
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.166
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.166
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.166
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.166
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.166
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.165
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.165
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.164
18060	Bread, rye	28.35	1.0 oz	0.164
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.164
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.163
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.163
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.163
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.163
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.162
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.162
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.162
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.161
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.161
18103	Coffeecake, cheese	28.35	1.0 oz	0.161
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.160
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.160
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.160
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.160
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.160
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.160
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.160
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.160

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.160
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.159
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.159
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.159
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.159
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.159
09298	Raisins, seedless	165.0	1.0 cup, packed	0.158
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.158
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.158
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.158
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.158
18240	Croissants, apple	28.35	1.0 oz	0.158
18355	Sweet rolls, cheese	28.35	1.0 oz	0.157
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.157
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.157
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.157
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.156
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.156
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.155
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.155
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.155
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.155
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.155
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.154
09040	Bananas, raw	225.0	1.0 cup, mashed	0.153
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.153
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.153
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.153
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.152
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.152
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.152
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.152
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.152
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.151
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.151
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.151

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.151
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.151
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.151
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.150
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.150
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.150
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.150
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.149
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.149
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.149
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.149
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.148
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.148
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.147
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.147
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.147
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.147
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.146
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.146
18047	Bread, raisin, enriched	28.35	1.0 oz	0.146
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.146
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.146
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.146
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.146
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.145
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.145
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.145
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.145
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.145
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.145
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.145
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.145
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.145
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.145
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.144
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.144

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11601	Yam, raw	150.0	1.0 cup, cubes	0.144
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.144
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.144
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.144
18283	Muffins, oat bran	28.35	1.0 oz	0.143
18224	Crackers, rusk toast	14.2	0.5 oz	0.143
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.143
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.143
09059	Breadfruit, raw	220.0	1.0 cup	0.143
09095	Figs, dried, stewed	259.0	1.0 cup	0.142
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.142
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.142
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.142
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.142
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.142
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.141
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.141
18971	Bread, potato	32.0	1.0 slice	0.141
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.141
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.140
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.140
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.140
16112	Miso	17.0	1.0 tbsp	0.139
18338	Phyllo dough	28.35	1.0 oz	0.139
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.139
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.139
12058	Nuts, acorns, raw	28.35	1.0 oz	0.139
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.138
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.138
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.138
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.138
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.138
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.137
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.137
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.137
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.136

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.136
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.136
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.136
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.136
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.136
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.135
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.135
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.135
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.135
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.135
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.135
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.135
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.135
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.135
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.135
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.135
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.134
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.134
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.134
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.134
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.134
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.134
11098	Brussels sprouts, raw	88.0	1.0 cup	0.134
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.134
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.134
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.133
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.133
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.133
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.133
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.133
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.133
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.133
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.132
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.132
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.132
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.132

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.132
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.132
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.131
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.131
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.131
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.131
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.131
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.131
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.131
18065	Bread, wheat, toasted	28.35	1.0 oz	0.131
11124	Carrots, raw	128.0	1.0 cup chopped	0.131
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.130
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.130
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.130
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.130
21140	Side dishes, potato salad	95.0	0.333 cup	0.130
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.130
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.130
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.129
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.129
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.129
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.129
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.128
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.128
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.128
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.128
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.128
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.128
09110	Goji berries, dried	28.0	5.0 tbsp	0.128
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.128
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.128
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.128
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.127
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.127
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.127
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.127

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.127
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.127
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.126
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.126
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.126
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.126
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.126
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.126
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.126
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.126
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.126
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.126
18218	Crackers, matzo, egg	14.2	0.5 oz	0.126
21249	BURGER KING, french fries	74.0	1.0 small serving	0.126
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.126
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.126
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.125
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.125
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.125
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.125
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.125
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.125
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.124
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.124
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.124
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.124
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.123
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.123
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.123
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.123
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.123
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.123
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.123
11297	Parsley, fresh	60.0	1.0 cup chopped	0.122
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.122
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.122

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.122
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.122
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.122
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.122
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.122
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.122
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.121
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.121
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.121
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.121
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.120
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.120
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.120
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.120
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.120
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.120
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.119
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.119
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.119
09021	Apricots, raw	155.0	1.0 cup, halves	0.119
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.119
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.119
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.119
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.119
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.119
18242	Croutons, plain	14.2	0.5 oz	0.118
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.118
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.118
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.118
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.118
11090	Broccoli, raw	91.0	1.0 cup chopped	0.117
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.117
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.117
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.117
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.117
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.117

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.117
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.117
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.117
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.117
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.117
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.116
11518	Taro, raw	104.0	1.0 cup, sliced	0.115
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.115
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.115
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.115
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.115
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.115
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.115
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.115
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.114
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.114
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.114
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.114
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.114
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.114
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.114
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.113
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.113
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.113
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.113
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.113
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.113
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.113
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.113
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.113
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.113
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.113
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.112
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.112
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.112
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.112

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.112
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.112
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.112
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.112
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.112
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.111
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.111
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.111
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.111
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.111
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.111
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.111
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.111
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.111
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.111
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.110
11965	Cauliflower, green, raw	64.0	1.0 cup	0.110
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.110
18243	Croutons, seasoned	14.2	0.5 oz	0.110
11520	Taro leaves, raw	28.0	1.0 cup	0.110
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.109
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.109
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.109
07031	Ham salad spread	15.0	1.0 tbsp	0.109
11231	Jute, potherb, raw	28.0	1.0 cup	0.109
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.109
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.109
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.108
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.108
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.108
18360	Taco shells, baked	12.9	1.0 shell	0.108
18172	Cookies, gingersnaps	28.35	1.0 oz	0.108
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.107
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.107
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.107
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.107

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.107
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.107
18177	Cookies, molasses	28.35	1.0 oz	0.107
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.107
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.106
18214	Crackers, cheese, regular	14.2	0.5 oz	0.106
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.106
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.106
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.105
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.105
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.105
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.105
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.105
11278	Okra, raw	100.0	1.0 cup	0.105
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.105
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.105
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.105
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.105
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.105
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.105
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.105
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.104
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.104
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.104
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.104
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.104
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.104
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.103
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.103
18106	Coffeecake, fruit	28.35	1.0 oz	0.103
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.103
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.103
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.103
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.103
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.102
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.102

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.102
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.102
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.102
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.102
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.102
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.102
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.102
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.102
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.101
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.101
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.101
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.101
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.101
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.101
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.101
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.100
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.100
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.100
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.100
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.100
18021	Bread, boston brown, canned	28.35	1.0 oz	0.099
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.099
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.099
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.099
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.098
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.098
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.098
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.098
18217	Crackers, matzo, plain	14.2	0.5 oz	0.098
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.098
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.097
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.097
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.097
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.097
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.096
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.096

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.096
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.096
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.096
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.096
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.096
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.096
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.095
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.095
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.095
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.095
01017	Cheese, cream	14.5	1.0 tbsp	0.095
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.095
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.095
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.095
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.095
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.095
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.095
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.094
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.094
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.094
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.094
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.094
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.094
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.094
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.093
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.093
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.093
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.093
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.093
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.093
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.093
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.093
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.092
11080	Beets, raw	136.0	1.0 cup	0.092
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.092
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.092

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.092
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.092
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.092
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.092
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.092
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.092
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.092
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.092
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.092
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.092
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.092
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.091
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.091
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.091
11241	Kohlrabi, raw	135.0	1.0 cup	0.090
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.090
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.090
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.090
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.090
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.090
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.090
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.090
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.089
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.089
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.089
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.089
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.089
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.089
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.089
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.088
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.088
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.088
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.088
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.088
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.088
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.088

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.087
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.087
09277	Plantains, raw	148.0	1.0 cup, sliced	0.087
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.087
09088	Elderberries, raw	145.0	1.0 cup	0.087
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.087
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.086
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.086
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.086
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.086
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.086
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.086
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.086
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.086
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.085
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.085
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.085
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.085
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.085
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.084
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.084
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.084
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.084
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.084
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.084
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.084
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.084
18171	Cookies, fortune	28.35	1.0 oz	0.084
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.083
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.083
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.083
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.083
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.083
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.083
09176	Mangos, raw	165.0	1.0 cup pieces	0.082
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.082

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.082
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.082
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.081
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.081
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.081
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.081
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.081
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.081
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.081
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.081
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.081
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.081
11134	Cassava, raw	206.0	1.0 cup	0.080
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.080
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.080
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.080
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.080
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.080
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.080
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.080
11527	Tomatoes, green, raw	180.0	1.0 cup	0.079
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.079
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.079
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.079
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.079
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.079
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.079
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.079
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.079
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.078
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.078
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.078
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.078
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.078
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.078
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.078

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.077
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.077
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.077
18223	Crackers, milk	14.2	0.5 oz	0.077
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.076
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.075
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.075
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.075
19419	Snacks, corn cakes	9.0	1.0 cake	0.075
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.075
11190	Cornsalad, raw	56.0	1.0 cup	0.074
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.074
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.074
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.074
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.074
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.074
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.074
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.074
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.073
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.073
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.073
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.073
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.073
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.073
18354	Strudel, apple	28.35	1.0 oz	0.073
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.073
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.073
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.072
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.072
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.072
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.072
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.072
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.072
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.072
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.072
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.071

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.071
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.071
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.070
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.070
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.070
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.070
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.069
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.069
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.068
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.068
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.068
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.068
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.068
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.068
01072	Dessert topping, pressurized	70.0	1.0 cup	0.068
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.068
28292	Crackers, multigrain	14.0	4.0 crackers	0.067
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.067
19081	Candies, sweet chocolate	28.35	1.0 oz	0.067
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.067
11457	Spinach, raw	30.0	1.0 cup	0.067
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.067
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.067
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.066
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.066
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.066
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.066
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.066
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.066
11963	Nopales, raw	86.0	1.0 cup, sliced	0.066
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.066
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.066
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.066
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.065
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.065
09050	Blueberries, raw	148.0	1.0 cup	0.065

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.065
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.065
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.065
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.065
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.065
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.065
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.065
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.064
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.064
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.064
18170	Cookies, fig bars	28.35	1.0 oz	0.064
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.063
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.063
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.062
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.062
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.062
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.061
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.061
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.061
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.061
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.061
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.061
25059	Snacks, brown rice chips	9.0	1.0 cake	0.061
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.060
11734	Beets, cooked, boiled, drained, with salt	85.0	0.5 cup slices	0.060
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.060
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.060
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.060
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.060
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.060
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.059
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.059
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.059
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.059
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.059
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.059

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.059
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.058
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.058
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.058
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.058
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.058
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.058
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.058
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.058
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.057
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.057
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.057
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.057
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.057
11591	Watercress, raw	34.0	1.0 cup, chopped	0.056
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.056
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.056
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.056
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.056
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.056
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.056
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.055
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.055
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.055
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.055
11003	Amaranth leaves, raw	28.0	1.0 cup	0.055
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.055
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.055
09205	Oranges, raw, with peel	170.0	1.0 cup	0.054
11161	Collards, raw	36.0	1.0 cup, chopped	0.054
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.054
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.054
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.054
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.054
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.054
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.053

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.053
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.053
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.053
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.053
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.053
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.053
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.053
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.053
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.052
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.052
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.052
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.052
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.052
09316	Strawberries, raw	152.0	1.0 cup, halves	0.052
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.051
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.051
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.051
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.051
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.051
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.051
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.051
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.051
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.051
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.050
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.050
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.050
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.050
09143	Guava sauce, cooked	238.0	1.0 cup	0.050
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.049
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.049
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.049
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.049
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.049
19524	Snacks, taro chips	28.35	1.0 oz	0.049
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.049
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.049

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.049
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.049
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.048
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.048
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.047
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.047
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.047
11147	Chard, swiss, raw	36.0	1.0 cup	0.047
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.046
20027	Cornstarch	128.0	1.0 cup	0.046
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.046
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.046
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.045
19400	Snacks, banana chips	28.35	1.0 oz	0.045
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.044
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.044
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.044
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.043
11564	Turnips, raw	130.0	1.0 cup, cubes	0.043
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.043
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.042
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.042
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.042
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.042
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.042
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.042
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.042
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.042
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.041
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.041
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.041
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.041
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.041
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.041
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.041
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.040

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11282	Onions, raw	160.0	1.0 cup, chopped	0.040
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.040
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.040
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.039
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.039
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.039
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.039
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.039
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.039
09174	Loquats, raw	149.0	1.0 cup, cubed	0.039
09160	Lime juice, raw	242.0	1.0 cup	0.039
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.039
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.039
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.038
21420	KFC, Coleslaw	112.0	1.0 package	0.038
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.038
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.038
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.038
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.038
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.038
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.037
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.037
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.037
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.037
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.037
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.037
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.037
11086	Beet greens, raw	38.0	1.0 cup	0.037
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.037
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.037
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.037
02033	Spices, poppy seed	2.8	1.0 tsp	0.037
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.037
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.037
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.036
21416	POPEYES, Coleslaw	120.0	1.0 package	0.036

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11429	Radishes, raw	116.0	1.0 cup slices	0.036
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.036
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.036
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.036
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.036
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.036
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.035
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.035
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.035
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.035
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.035
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.035
18323	Pie, peach	28.35	1.0 oz	0.035
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.034
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.034
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.034
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.034
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.034
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.034
19296	Honey	339.0	1.0 cup	0.034
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.034
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.034
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.034
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.033
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.033
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.033
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.033
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.033
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.033
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.033
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.033
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.033
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.033
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.032
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.032
11143	Celery, raw	101.0	1.0 cup chopped	0.032

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.032
09206	Orange juice, raw	248.0	1.0 cup	0.032
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.032
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.032
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.032
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.031
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.031
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.031
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.031
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.031
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.031
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.031
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.031
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.030
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.030
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.030
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.030
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.030
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.029
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.029
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.029
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.029
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.029
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.029
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.028
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.028
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.028
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.028
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.028
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.028
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.028
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.028
09326	Watermelon, raw	154.0	1.0 cup, balls	0.028
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.028
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.028
09077	Crabapples, raw	110.0	1.0 cup slices	0.028

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.028
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.027
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.027
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.027
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.027
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.027
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.027
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.027
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.027
09252	Pears, raw	140.0	1.0 cup, slices	0.027
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.026
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.026
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.026
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.026
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.026
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.026
02005	Spices, caraway seed	2.1	1.0 tsp	0.026
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.025
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.025
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.025
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.025
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.025
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.025
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.025
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.025
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.025
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.025
09279	Plums, raw	165.0	1.0 cup, sliced	0.025
09221	Tangerine juice, raw	247.0	1.0 cup	0.025
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.024
11213	Endive, raw	25.0	0.5 cup, chopped	0.024
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.024
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.024
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.024
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.024
20003	Arrowroot flour	128.0	1.0 cup	0.024

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.024
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.024
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.024
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.024
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.024
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.024
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.024
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.023
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.023
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.023
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.023
02020	Spices, garlic powder	3.1	1.0 tsp	0.023
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.022
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.022
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.022
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.022
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.022
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.022
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.022
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.022
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.021
09413	Pears, raw, red anjou	126.0	1.0 small	0.021
02028	Spices, paprika	2.3	1.0 tsp	0.021
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.021
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.021
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.021
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.021
11151	Chicory, witloof, raw	53.0	1.0 head	0.021
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.021
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.020
09191	Nectarines, raw	143.0	1.0 cup slices	0.020
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.020
09421	Dates, medjool	24.0	1.0 date, pitted	0.020
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.020
02016	Spices, dill seed	2.1	1.0 tsp	0.019
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.019

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.019
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.018
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.018
02015	Spices, curry powder	2.0	1.0 tsp	0.018
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.018
02009	Spices, chili powder	2.7	1.0 tsp	0.017
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.017
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.016
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.016
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.015
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.015
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.015
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.015
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.015
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.015
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.015
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.014
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.014
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.014
02029	Spices, parsley, dried	0.5	1.0 tsp	0.014
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.013
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.013
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.013
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.013
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.012
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.012
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.012
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.012
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.012
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.011
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.011
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.011
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.011
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.010
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.010
02021	Spices, ginger, ground	1.8	1.0 tsp	0.009

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.009
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.009
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.009
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.009
02011	Spices, cloves, ground	2.1	1.0 tsp	0.008
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.008
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.008
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.008
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.008
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.008
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.008
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.008
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.008
02066	Spearmint, dried	0.5	1.0 tsp	0.007
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.007
19297	Jams and preserves	20.0	1.0 tbsp	0.007
11943	Pimento, canned	12.0	1.0 tbsp	0.007
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.007
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.007
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.007
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.007
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.007
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.007
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.006
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.006
11156	Chives, raw	3.0	1.0 tbsp chopped	0.006
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.006
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.006
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.005
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.005
02026	Spices, onion powder	2.4	1.0 tsp	0.005
11960	Carrots, baby, raw	15.0	1.0 large	0.005
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.005
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.005
02044	Basil, fresh	2.5	5.0 leaves	0.005
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.005

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.004
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.004
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.004
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.004
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.004
11145	Celtuce, raw	8.0	1.0 leaf	0.004
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.004
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.004
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.004
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.004
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.004
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.004
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.004
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.004
11935	Catsup	17.0	1.0 tbsp	0.004
11949	Catsup, low sodium	17.0	1.0 tbsp	0.004
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.003
09173	Longans, dried	1.7	1.0 fruit	0.003
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.003
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.003
19018	Fruit syrup	334.0	1.0 cup	0.003
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.003
11447	Sesbania flower, raw	3.0	1.0 flower	0.003
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.003
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.003
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.003
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.003
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.002
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.002
02049	Thyme, fresh	0.8	1.0 tsp	0.002
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.002
02063	Rosemary, fresh	0.7	1.0 tsp	0.002
09172	Longans, raw	3.2	1.0 fruit without refuse	0.002
02045	Dill weed, fresh	1.0	5.0 sprigs	0.002
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.001
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.001

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
11216	Ginger root, raw	2.0	1.0 tsp	0.001
19303	Marmalade, orange	20.0	1.0 tbsp	0.001
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.001
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.001
02065	Spearmint, fresh	0.3	2.0 leaves	0.001
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.001
02064	Peppermint, fresh	0.1	2.0 leaves	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.000
04055	Oil, palm	13.6	1.0 tbsp	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000
04002	Lard	12.8	1.0 tbsp	0.000
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000
04575	Fat, turkey	12.8	1.0 tbsp	0.000
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.000
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.000
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.000
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000
04047	Oil, coconut	13.6	1.0 tbsp	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.000
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000
04038	Oil, wheat germ	4.5	1.0 tsp	0.000
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.000
04576	Fat, goose	12.8	1.0 tbsp	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.000
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
04528	Oil, walnut	13.6	1.0 tbsp	0.000
02047	Salt, table	6.0	1.0 tsp	0.000
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.000
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.000
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.000
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000
04542	Fat, chicken	12.8	1.0 tbsp	0.000
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04574	Fat, duck	12.8	1.0 tbsp	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000
04534	Oil, babassu	13.6	1.0 tbsp	0.000
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.000
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Leucine(g) Per Measure
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000
04529	Oil, almond	13.6	1.0 tablespoon	0.000
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.000
02048	Vinegar, cider	14.9	1.0 tbsp	0.000
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.000
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.000